

Recipe Name: Sweet & Spicy Vegetable Hong Kong Style Recipe

Diet Type: Vegetarian

Course: Side Dish

Cuisine: Cantonese

Quantity:



Ingredients

Ingredient	Quantity
• 1 Carrot (Gajjar) - cut into chunks	4
• 1/4 cup Green beans (French Beans) - cut into inch pieces	
• 200 grams Tofu - cut into cubes	
• 1/2 Red Bell pepper (Capsicum) - cut into chunks	
• 1/2 Green Bell Pepper (Capsicum) - cut into chunks	
• 2 inch Ginger - grated	
• 3 cloves Garlic - finely chopped	
• 3 Dry Red Chillies - halved	
• 2 tablespoons Soy sauce	
• 2 teaspoon Chilli vinegar	
• 2 teaspoons Red Chilli sauce	
• 1/2 teaspoon Sugar	
• 1-1/2 cups Vegetable stock	
• 2 tablespoons Corn flour - mixed with 1/4 cup water	
• 2 tablespoon Sunflower Oil	
• Salt and Pepper - for seasoning	

Preparation

• To begin making the Sweet and Spicy Vegetable Hong Kong Style Recipe heat the oil in a wok on high heat add the garlic, ginger, green bell peppers and the carrots and green beans.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	55	20	5	10